



# Local Area Guide

for health and social care international recruits



*Where history  
meets the sea.*

Colchester  
and Harwich



## About this guide

This guide is intended to provide an overview of the local area to include guidance on travel distances, potential areas in which to live, tips for finding accommodation and contact details for local letting agents. Should you require any further assistance please speak to your employer who will be able to provide you further information.

**Colchester**, Britain's oldest recorded town, is a tapestry of historical wonders intertwined with modern amenities. **Harwich**, a picturesque coastal town, is steeped in maritime history. Together, they offer a compelling blend of historical richness and coastal serenity.



### About Colchester and Harwich

- Colchester, Britain's oldest recorded town, is rich in Roman history, while Harwich is a quaint coastal town with maritime heritage.
- Colchester, approximately 52 miles (84km) northeast of London, is home to the remarkable Colchester Castle and other historical sites.
- Harwich, situated at the estuary where the rivers Stour and Orwell meet, is known for its picturesque harbour and lighthouses.
- The area combines historical intrigue with scenic coastal landscapes, offering a diverse living experience.

## Getting around

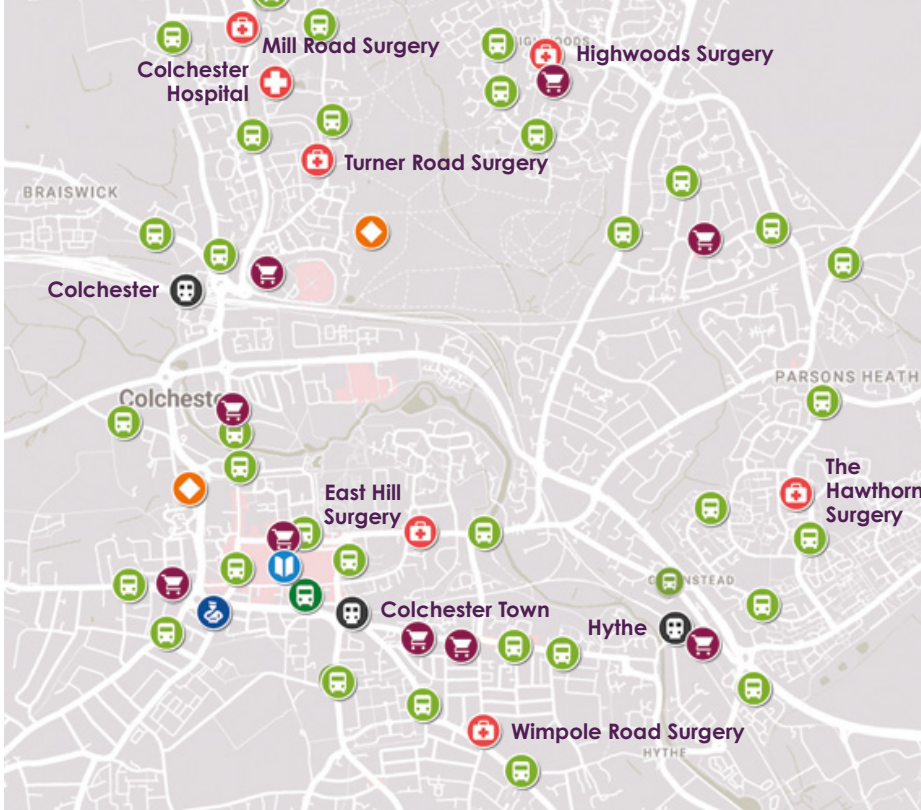
### By bus

- First Essex operates in Colchester, providing routes to local areas and towns like Chelmsford and Ipswich.
- In Harwich, local bus services connect to Dovercourt and surrounding areas.
- Visit [firstbus.co.uk/essex](https://www.firstbus.co.uk/essex) for more information.

### By rail

- Colchester Station: Direct trains to London Liverpool Street (approx. 50 minutes) and Norwich.
- Harwich International Station: Services to London Liverpool Street and connections for ferries to the Netherlands.
- Train services are provided by Greater Anglia.
- Visit [greateranglia.co.uk](https://www.greateranglia.co.uk) for schedules.

## Colchester



## Harwich



### Key

-  Train station
-  Supermarket
-  Library
-  Bus station
-  Bus stop
-  Medical centre
-  Police station
-  Council offices

## Finding accommodation

When renting property, UK law says that landlords must check that you are who you say you are and that you are allowed to live in the UK. More information on proving your right to rent property can be found at [gov.uk/prove-right-to-rent](https://www.gov.uk/prove-right-to-rent)

### Useful tips

When considering a new home, it's crucial to think about your preferred location. Deciding on an area simplifies the search. Consider proximity to your workplace and essential amenities like shops, gyms, supermarkets, churches, childcare facilities, schools, and parks. Research public transport availability, including the frequency, cost, and travel times of bus services, as well as the location of train and bus stations. Remember, rural areas often have less public transport than major cities or towns. Communities 1st has developed a Top Tip Guide for finding Accommodation in the UK.

Be aware that some landlords offer "all inclusive" rent, which might cover some of these costs. It's important to understand exactly what is included in the rent before committing to a property.

Before moving into a rental property, you will typically need to pay the first month's rent in advance, a tenancy deposit, and possibly a holding deposit if you're renting through a letting agent. For advice on paying bills visit: [moneyhelper.org.uk/en/homes/renting](https://www.moneyhelper.org.uk/en/homes/renting)

### Rental cost guide (£pcm)

Bedrooms	Colchester	Harwich
Studio	£700	
1 Bed	£950	£650
2 Bed	£1,300	£750
3 Bed	£1,650	£900

### Local letting/estate agents

- Abbotts Lettings
- EzeMove EzeLet
- Gallant Richardson
- Harwich Village Homes
- Palmer and Partners

### Agent portals

- homestay.com
- onthemarket.com
- rightmove.co.uk
- zoopla.co.uk

# Colchester and Harwich



## Local NHS services and facilities

**GP Practices:** Numerous practices in both towns. Find a GP at [nhs.uk](https://www.nhs.uk)

**Walk-in Centres and Minor Injury Units:** For non-emergency care, there are various centres in and around Colchester and Harwich.

**Colchester Hospital:** A major NHS hospital located in Colchester, offering a wide range of services including emergency care. It's about 10 minutes from Colchester town centre.

**Harwich and Dovercourt Hospital:** A smaller facility in Harwich providing outpatient services.

**East Suffolk and North Essex NHS Foundation Trust** manages Colchester Hospital. Contact: **01206 747474**.

## Useful contacts

NHS	<b>111</b> or in an emergency <b>999</b>
Essex Police	<b>101</b> or in an emergency <b>999</b>
Colchester Borough Council	<b>01206 282222</b>
Tendring District Council	<b>01255 686868</b>
Essex County Council	<b>0345 743 0430</b>
Citizens Advice Essex	<b>0808 278 7853</b> or <b>01255 377080</b>

## Who are Communities 1st?



1st Floor, Ver House,  
Park Estate, Frogmore  
St Albans AL2 2WH

[communities1st.org.uk](https://www.communities1st.org.uk)

Communities 1st is committed to offering rounded pastoral support for international health and social care recruits transitioning to life in the UK. Our comprehensive service, delivered through a combination of dedicated staff and enthusiastic volunteer buddies, focuses on individualised 1:1 support and a range of group activities, ensuring a smooth integration into the UK lifestyle.

Don't miss the opportunity to benefit from our well-structured and holistic programmes. Reach out to us today to find out how we can collaborate to create a positive and seamless transition for your recruits.

### For more information

Visit: [www.communities1st.org.uk](https://www.communities1st.org.uk)  
Email: [buddy@communities1st.org.uk](mailto:buddy@communities1st.org.uk)  
Call: **01727 649980**

@Communities1st

